

# NEUROACT® International Course Schedule

2026-10-14 (Day 1)

Sydney local time  
(AEDT) (UTC+11)

5:00-5:20 pm

Introduction and expectations of the training

5:20-6:10 pm

Stressors in autism and ADHD – a neuropsychological perspective

Executive function challenges as a perpetuation of stress and mental distress

Research and treatment recommendations

6:10-6:30 pm

*Break*

6:30-7:40 pm

Conceptualizing of the NEUROACT® model. Motivation, Acceptance, and Perspective as an alternative to Perseveration, Avoidance, and Mindlessness.

Introduction to the NEUROACT® – stress management for flexibility & health program manual and work material

7:40-8:00 pm

*Break*

8:00-9:00 pm

## **MODULE 1. STRESS & AVOIDANCE**

Stressors and avoidance behaviors

Explanation of relevance for autistic challenges

Experience-based exercises from the NEUROACT® work-material

Sydney local time  
(AEDT) (UTC+11)

5:00-6:10 pm

## **MODULE 2. PERSPECTIVE**

Focus training and perspective taking on thoughts

Rational for perspective training in autism

Experience-based exercises from the NEUROACT® work-material

Modeling of techniques and approaches

6:10-6:30 pm

*Break*

6:30-7:40 pm

## **MODULE 3. WHAT IS IMPORTANT**

Life values and goal behaviors

Rational for motivation training in autism

Experience-based exercises from the NEUROACT® work-material

Modeling of techniques and approaches

7:40-8:00 pm

*Break*

8:00-9:00 pm

## **MODULE 4. ACCEPTANCE & COMPASSION**

Regulation of emotions, sensory input, and body signals

Rational for acceptance training in autism

Experience-based exercises from the NEUROACT® work-material

Modeling of techniques and approaches

## 2026-10-16 (Day 3)

Sydney local time  
(AEDT) (UTC+11)

5:00-6:10 pm

### **MODULE 5. SOCIALIZE & SELF-CARE**

Application of NEUROACT® skills in social situations

Explanation of relevance for self care related to autistic challenges

Experience-based exercises from the NEUROACT® work-material

6:10-5:30 pm

*Break*

6:30-7:40 pm

### **MODULE 6. THE LIFE MAP**

The Life Map – a practical tool to facilitate application of NEUROACT® skills after the program

Experience-based exercises from the NEUROACT® work-material

7:40-8:00 pm

*Break*

8:00-9:00 pm

### **WRAPPING UP**

Review of material adaptations and provider skills to facilitate program delivery

Summary evaluation and reflection on the training